

death the only prayer he could think of was, "The Lord make us thankful for what we are about to receive."

Every man who has been on the place is afraid of him. One luckless youth did land himself and Billy and a load of bricks in a heap by the roadside, for which Euphemia blamed him unjustly, I thought, knowing William the Conqueror so well. Why they were not both killed outright is past finding out.

(To be continued.)

COOKING FOR INVALIDS

By ANNE BARROWS

Boston, Mass.

EVERY woman at some time in her life is liable to have charge of the preparation of food for a sick person. Some think little about it, and simply serve portions of the family diet; others seem to think that cookery for invalids has nothing in common with the preparation of food for those in average health.

Between these extreme points of view there may be a middle-ground of safe procedure for those who have the care of semi-invalids.

Medicated foods should be given only under the direction of the physician, though he too often has known little about the preparation of foods or their effect on the body. But a better day is coming, and more attention is given every year to the choice of foods for well and sick. If as great care were given to cookery for the well as we are willing to bestow upon cookery for the sick, the doctors and nurses would be less busy.

The principal points of difference between food for sick and well lie in service rather than in actual cooking. The same food-substances must be depended upon in both cases and the same laws of fire and water prevail. But for the sick we are careful that each food shall be clean, wholesome, cooked as simply as possible: then we serve it in small portions, at frequent intervals, and, especially for the very weak, in dilute form.

The methods that prevail in the public-school cooking-class rooms are calculated to develop the thoughtfulness, foresight, and care in details necessary for the feeding of invalids. Nearly every course of

lessons in cooking given in our public schools includes one or more devoted to the preparation of dishes for invalids.

The accompanying illustrations show the actual work of a class of girls at Robinson Seminary, Exeter, N. H., prepared under the trying conditions of "visiting day." The subject of the lesson for these public days is deliberately selected from the list of plain necessities of life—bread, potatoes, and similar topics having done duty in previous years.

This particular lesson was chosen not only because it was upon a different subject which should be of general interest, but because it gave opportunity for a review of many principles which the girls had considered in other forms in previous lessons.

Each group of five or six girls at different tables prepared a tray for one meal. The dishes may be thought to be a trifle substantial, unless for the semi-invalid or convalescent, but broths and jellies were reserved for the work of another class.

The first group prepared breakfast. The farina—free from lumps, delicately salted, and thoroughly cooked—was moulded in tiny melon-shapes. These may be kept hot in the moulds until ready to eat, or in summer-time served cold. With this were prunes soaked twenty-four hours till plump, then cooked gently until the skins were tender, and only slightly sweetened. The beverage was "crust-coffee," made from the browned crusts of the home-made New England—"Boston"—brown bread, an article superior to most trade cereal coffees. These three dishes would be a fair breakfast for many; certainly with either of the others shown in the cut. On the left is an egg baked slowly, till jelly-like, in a case of bread, which is well-toasted in the process; with this are two of the hollow crusts known as "pop-overs." Beyond is a dish of creamed-chicken with a bit of green parsley to relieve its pale color.

Luncheon, as arranged at another table, consisted of a timbal of chicken cooked in a star-shaped mould and a small portion of egg-salad with a roll; the cup of cocoa and the glass of apple-snow made an appetizing dessert.

Another group of girls prepared a similar tray, which was labelled "tea," but might also have been served as luncheon. On this were a glass of cold tea with thin slices of lemon, an individual nappie of scalloped oysters, with bread-and-butter sandwiches. As a second course there were a silver-and-gold custard and a piece of real sponge-cake, such as our great-grandmothers called "diet-bread."

The fourth group of girls prepared the tray for dinner. There was a cup of cream-of-chicken soup, accompanied by some croutons. The piece of tenderloin-steak was broiled until plump and juicy, and to go



BREAKFAST



LUNCHEON



DINNER

with it were some little potato-puffs—the half-skins of baked potatoes filled with their original contents, to which had been added cream, seasoning, and stiff white-of-egg. To give relish to this course was a tiny mould of tomato-jelly on a lettuce-leaf. The dessert consisted of an apple-tapioca pudding—a fine, whole apple baked tender in the tapioca and served with cream.

The rather limited furnishings of the school-room left many things to be desired, especially as regards the quality of the dishes in which the food had to be served. The size of the only available trays was too limited to properly accommodate the contents. But such conditions must be met in the homes of the pupils, and in the school the girls were led to do what we all must do—the best possible with the things as they are.

No provision was made in this case for serving in courses, or covering foods to be kept hot, etc., etc., because these trays, prepared in the forenoon, were placed on exhibition in the upper-hall for the afternoon.

The principle to be considered in the preparation of foods for invalids is to provide food which will contain a sufficient amount of proper nourishment, and to serve it in such a manner as will please the eye of the invalid and stimulate the appetite and the mind.

RECIPES

CREAM OF CHICKEN SOUP.—Cook bits of onion and celery in one cup of chicken stock till it is reduced one-half. Make a white sauce with one teaspoonful of butter, one teaspoonful of flour, and one-half cup of milk. Mix stock and sauce, season with salt and pepper, and strain. If too thick, add stock or milk. Serve with croutons.

CHICKEN TIMBAL.—Mix one cup chopped chicken, one cup bread crumbs, one beaten egg, and one-half cup milk. Season slightly with salt, pepper, and celery salt. Pack in buttered moulds and steam or bake about fifteen minutes.

APPLE SNOW.—Bake or steam a large apple, mash and sift the pulp. Beat the white of an egg stiff. Into it gradually beat the apple-pulp and sweeten slightly. Serve with cream or with a custard made from the yolk of the egg, one-half cup milk, and one teaspoonful of sugar.

SPONGE CAKE.—Two large eggs, one-half cup sugar, one-half cup flour, rind and juice of one-fourth of a lemon. Beat yolks of eggs, add sugar and lemon, and beat again. Fold in stiff whites and flour. Bake slowly.

APPLE WATER.—Wipe an apple carefully, remove core, and cut skin and pulp in thin slices. Over it pour one cup of boiling water. Let stand till cold, strain, sweeten, and add lemon-juice if needed.

LEMON ICE.—Squeeze the juice from a lemon, mix with one-fourth

cup sugar and one cup water. Put in a small can, pack with ice and salt around it. Turn the can often and occasionally stir up the ice as it forms inside the can.

BEEF JUICE.—Broil a piece of thick, round steak for about three minutes. Cut in small bits and press juice through a lemon-squeezer or potato-ricer into a hot cup. This may be diluted with hot water and should be seasoned carefully.

CHICKEN JELLY.—Soak two teaspoonfuls of granulated gelatine in one-fourth cup of cold water. Dissolve with three-fourths cup of strong hot chicken stock. Flavor with salt, pepper, and celery salt. Bits of chicken can be moulded in this jelly if desired.

THE NEW YORK HOSPITAL CLUB BAZAAR

ON Tuesday and Wednesday afternoons and evenings of November 29 and 30, 1904, the Graduate Nurses' Club of the New York Hospital held a bazaar in the Nurses' Home at the hospital to secure funds for the cancellation of the indebtedness of their new Club-House, 8 West Ninety-second Street. With the gifts of money and sale of articles the sum of six thousand dollars was realized, which puts the club on a firm basis, free of debt, so that it will in the future be self-sustaining. The very liberal patronage of friends was greatly appreciated by the nurses. Besides the use of the rooms at the hospital, the Board of Governors gave twenty-three hundred and twenty-five dollars in money as well as patronizing the bazaar. Mr. George S. Bowdoin gave two hundred dollars, which, with other gifts of money, enabled the bazaar to open with three thousand dollars on hand. The spacious reception-rooms were most admirably suited for the purpose, and the beautiful decorations made a scene never to be forgotten. The very large booth for fancy work, abundantly supplied with everything useful and ornamental, from hat-pin holders to exquisite lingerie, was almost entirely the work of the club members, as well as all of the beautiful paper flowers which so effectively ornamented the various booths and tea-room.

The club members, dressed in spotless white, cap, and medal, were flitting about with smiles and gracious words, so happy over the result of their labor.

The candy booth, dazzling in yellow drapery, with chrysanthemums